

**Rest • Weekly Station Cleanup**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-2	Inspection of БРПК-1 separator
10:00-11:00		Physical exercise (TVIS, day 3)
10:00-11:30	FE-1	Physical exercise (RED)
10:50-11:30	CDR	COX maintenance
11:00-11:30	FE-2	Physical exercise (Active Rest)
11:30-12:30	CDR	Physical exercise (VELO + Load Trainer 1, day 3)
	FE-1	Physical exercise (TVIS)
12:30-13:30		LUNCH
13:30-13:40	FE-1	Payload status check
13:30-13:35	CDR	Inspection of fan BP on CKB2
13:30-13:50	FE-2	Test file dump (from Nikon camera) via Regul Paket
14:05-14:35		Weekly planning conference
14:50-17:50		Weekly station cleanup
18:00-19:00	CDR	Physical exercise (TVIS 3)
18:10-18:30	FE-2	<b>On MCC Go</b> ISS Repress with O2 from Progress CPПК
18:30-19:30		Physical exercise (VELO + Load Trainer 1, day 3)
19:00-19:10	FE-1	EMU battery charge (term)
19:00-19:30	CDR	Physical exercise (Active Rest)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.

Task List: Inventory of HDTV cassettes – r/g 4164

End of radiogram